

### **Behavioral Medicine Rotation Learning Outcomes:**

Upon completion of the BM Rotation, the clinical year PA student will possess **the knowledge, clinical and technical skills, interpersonal skills, professional behaviors, clinical reasoning and problem-solving abilities** necessary to demonstrate entry-level proficiency through demonstration of the following:

To obtain the following RLOs, students will participate in clinical care of patients across the life span, to include adolescents, adults, and the elderly, who require assessment and management of acute, chronic and emergent psychiatric and behavioral health conditions in the inpatient or outpatient setting.

1. Obtain a thorough psychiatric and medical history based on the patient's chief complaint or clinical presentation.
2. Perform a problem-focused physical exam based on the patient's chief complaint, including a mental status examination.
3. Present relevant findings of the history and physical exam to the preceptor.
4. Develop an appropriate differential diagnosis based upon history and physical exam findings for patients who present with psychiatric signs or symptoms or behavioral problems.
5. Order and interpret laboratory, diagnostic studies, and/or screening tools indicated for the initial or ongoing evaluation or treatment of common psychiatric conditions.
6. Develop a treatment plan for common psychiatric disorders and behavioral problems seen in behavioral medicine, including psychotropic medication, counseling, inpatient care, lifestyle modifications, follow-up care, referral to specialists or community resources, and patient education.
7. Recommend appropriate disposition of patients according to severity of presenting symptoms, including those in need of emergency or inpatient care, including suicidal patients
8. Recommend psychotropic medications based on indication, patient profile, potential adverse effects, and drug interactions.
9. Educate patients and their families regarding challenges specific to psychiatric/behavioral problems.
10. Document a mental health patient encounter.
11. Demonstrate counseling skills such as empathy, active listening, use of open-ended questions, and reflection.
12. Identify the legal rights of patients with mental illness and apply the ethical issues associated with the care of psychiatric patients.
13. Demonstrate appropriate professional demeanor, ethics, and respect for patients, families, and healthcare team members.
14. Demonstrate respect for patient rights to individuality and privacy by treating confidential information with professional discretion.

15. Demonstrate appropriate response to feedback.
16. Demonstrate an ability to collaborate with other healthcare professionals to provide patient-focused care.

### **Instructional Objectives for BM**

**Under appropriate preceptor supervision, by the end of this rotation, the clinical PA student will be able to demonstrate knowledge and competence pertaining to each of the Instructional Objectives (IOs are observable actions or behaviors) listed below in patients of any age from children to elderly and with acute, chronic, and/or emergent behavioral health presentations:**

#### **History Taking and Physical Exam Skills: The student should be able to demonstrate competency in the following:**

1. Conducting focused and comprehensive health and psychiatric history interviews based on presenting mental health complaints
2. Identifying pertinent historical information and risk factors related to mental health
3. Performing focused or comprehensive age-appropriate physical examination, including mental status exam
4. Correlating current complaint with presented history and review of systems, and identifying signs and symptoms of mental health issues, including mood, anxiety, psychotic, personality, eating and substance abuse disorders, as well as ADD and disruptive behavioral disorders
5. Identifying normal and abnormal mental health and physical examination findings, and assessing suicide risk

#### **Developing a differential diagnosis: The student should be able to demonstrate competency in the following:**

1. Presenting to the preceptor the significant history and physical exam findings as it relates to possible psychiatric differential diagnosis
2. Identifying variants of normal and distinguishing what constitutes abnormal function, behaviors, and mental health diagnoses using DSM-5 criteria.
3. Formulating a differential diagnosis with consideration to the most likely diagnosis, the most common diagnosis, as well as the most severe and/or life threatening diagnosis

#### **Selecting and Interpreting Laboratory and Diagnostic Studies: The student should be able to demonstrate competency in the following:**

1. Identifying indication for initial and subsequent diagnostic and laboratory studies, as well as screening tools for common psychiatric conditions

2. Identifying cost effectiveness, benefits, contraindications, sensitivity and specificity, and informed consent for diagnostic studies or procedures.
3. Explaining risks associated with diagnostic studies or procedures to the patient
4. Identifying normal and abnormal laboratory/diagnostic ranges and results for studies, as well as identifying drug therapies that require testing for therapeutic levels
5. Performing the lab and diagnostic studies safely and with appropriate technique

**Developing, Documenting, and Executing an Assessment and Plan: Student should be able to demonstrate competency in the following:**

1. Correlating lab and diagnostic data to the differential diagnosis to help select the most likely diagnosis
2. Assessing need for restraints or seclusion for psychiatric patients, as well as discussing the legal procedures involved with voluntary and involuntary psychiatric treatment
3. Developing pertinent non-pharmacologic management plan including referrals to specialists, community resources, behavioral and/or psychological interventions, with an understanding of indications for and risks of treatment modalities such as ECT
4. Documenting the behavioral medicine patient encounter using a SOAP note or site-specific template including recommendations of other members of healthcare team, patient education and follow-up recommendations
5. Providing and documenting patient counseling and education that is patient-centered, culturally sensitive and inclusive to ensure patient's understanding of the plan, including:
  - a. Health promotion and disease prevention such as nutrition, safety, domestic violence screen, and substance use
  - b. Physical activity and exercise modifications to help with mental health
  - c. Identifying obstacles to obtaining necessary psychiatric care as well as available community resources
  - d. Adjustments to lifestyle changes related to ADLs, physical/mental impairment, culture and diverse backgrounds, violence/assault/safety, rehabilitative care, palliative care, death and dying
  - e. Attention to body, soul, and spirit with consideration of and sensitivity to patient's religious/spiritual beliefs, health practices, and lifestyle choices

**Developing and Documenting Pharmaceutical Therapeutics and Treatment Modalities: The student should be able to demonstrate competency in the following:**

1. Discussing rationale for utilization of medications commonly used in the management of psychiatric and behavioral disorders, with understanding of:
  - a. Mechanism of action
  - b. Indications for use

- c. Contraindications
  - d. Side effects
  - e. Adverse reactions
  - f. Potential for drug-drug interactions
  - g. Therapeutic effects
  - h. Dosing
  - i. Cost-effectiveness
  - j. Drug toxicity
  - k. Identify risks for, and signs and symptoms of drug interactions from polypharmacy
  - l. Methods to reduce medication errors
  - m. Cross-reactivity of similar medications
2. Selecting appropriate pharmacologic and alternative therapy for psychiatric conditions encountered
  3. Reviewing patient's current pharmacologic regimens and adjusting as appropriate
  4. Managing adverse drug reactions
  5. Determining appropriate resources to determine appropriate medications
  6. Documenting orders and prescriptions for treatment medications

**Applying Basic Science Concepts: The student should be able to demonstrate competency in the following:**

1. Correlating pertinent physiology and pathophysiology, signs, symptoms and approaches to evaluate and determine differential diagnosis and management of the more common mental health conditions
2. Determining indicated tests and integrating results into clinical problem-solving and care planning
3. Developing therapeutic management based on patient information, evidence-based medicine, and clinical judgement

**Professionalism: The student should be able to demonstrate competency in the following:**

1. Demonstrating sensitivity to the emotional, social, and ethnic background of patients with mental health disorders
2. Demonstrating respect for the privacy and confidentiality of each patient
3. Communicating and interacting professionally with other members of the healthcare team.
4. Identifying limitations and willingness to seek help from supervising preceptors, and referencing appropriate resources.
5. Demonstrating an openness to receiving constructive criticism
6. Initiating independent outside research concerning clinical cases encountered
7. Performing duties with a professional attitude in such areas as attendance, dress code, and demeanor